



Serves: 4

# Asparagus With Smoked Salmon And Horseradish

## Ingredients

- Asparagus 650g
- Salt a pinch
- Black pepper a pinch
- Macadamia oil 2 tsp
- Smoked salmon, pre-sliced 100g
- Horseradish 30g

### Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
- Oily fish (such as salmon, sardines and mackerel) contain Omega-3 fatty acids, which help prevent heart disease and stroke.

## Method

- Boil the asparagus in salted water for 3 minutes. The asparagus should still be crunchy.
- Drain and toss with black pepper and macadamia oil.
- Serve with slices of smoked salmon and top with horseradish.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 89kcal  
Protein 8.4g  
Total fat (g and % of total calories)  
3.6g (33.1%)  
Saturated fat 0.7g  
Cholesterol 5.8mg  
Carbohydrate 7.9g  
Dietary Fibre 3.6g  
Sodium 224mg